

WEEKLY BULLETIN



CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

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BERTRAM P. BROWN, M. D., Director

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GUY P. JONES
Editor

THE CONTROL OF DIABETES

There is a real opportunity for extension of human life in the control of diabetes. It is doubtful that any other of the degenerative diseases is more amenable to the application of control measures. It is, to a definite degree, a preventable disease, in spite of the fact that a tendency toward diabetes is often inherited and also that it is primarily a disease of middle and old age. Also, it occurs more often among persons who are overweight, is more common among women than among men and is more often found among those of Jewish blood. Nevertheless, if knowledge relative to the methods by which the disease may be controlled were more generally known, many lives might be extended and a comfortable existence might be enjoyed by many who are now living in discomfort.

The California State Board of Public Health has joined the Committee on Public Health Education of the California Medical Association in an endorsement of a National campaign on diabetes inaugurated by the Metropolitan Life Insurance Company. The following resolution was passed by the Board at its regular meeting held in Sacramento September 13, 1941:

"WHEREAS, The aging of our population brings all degenerative diseases into sharp relief, and

WHEREAS, Diabetes, among such diseases, is particularly amenable to scientific methods now available for its control, and

WHEREAS, A campaign of education in diabetes control is being undertaken by the Metropolitan Life Insurance Company among doctors of medicine, health officers and interested laymen, and

WHEREAS, The possibilities of life extension in diabetes, under modern methods of control, place

it among those diseases that are, to a degree, preventable; now, therefore, be it

Resolved, That the California State Board of Public Health hereby gives its full endorsement to this campaign of education in diabetes and sanctions all efforts to extend it through the State."

The company is distributing a packet of professional material on the diagnosis and management of diabetes to physicians and health officers. Dr. W. P. Shepard, Assistant Secretary of the Welfare Division of the Company at 600 Stockton Street, San Francisco, is in charge of the campaign in the Western States.

The George F. Baker Clinic, Boston, headed by Dr. Elliott P. Joslin, has prepared a booklet entitled "Diabetes in the 1940's," which is an important part of the packet already referred to. This study is based upon clinical aspects in the experience of the George F. Baker Clinic. It provides graphic information on the diagnosis of diabetes, the diabetic diet, insulin, diabetic coma, gangrene, pregnancy in diabetics, diabetic hazards and how to meet them, working capacity of diabetics, prognosis in diabetes, and the outlook for diabetes in the 1940's. It covers also material on prevention and case finding in diabetes and the endocrine control of metabolism.

Literature for distribution to patients and to interested individuals is included in the packet. Of practical value is a card outlining in easily understood fashion the essentials in the diabetic diet. Included also is a sample card designed to be carried by diabetics with name, address and telephone number, together with instructions to be followed if the patient is found ill, together with the name of the

personal physician and his telephone number. This card is designed to reduce the mortality from diabetic coma.

As a matter of fact, however, few diabetics die of coma at the present time. It may be stated that most diabetics die *with* diabetes rather than *of* diabetes, as when they die they generally succumb to those diseases which cause the death of nondiabetics in the same age group. The company says in its review of diabetes in the 1940's:

"On the whole, the outlook for diabetics, if not for the recorded death rate from diabetes, is distinctly encouraging. Many cases of the disease probably can be prevented or postponed by continued propaganda for control of body weight, particularly among persons with a diabetic heredity. When diabetes develops, the chances of early diagnosis are immeasurably better than before, and this is even more true of the patient's chances of keeping his disease under control. To aid him, he has the advantages of the new types of insulin. He can acquire a good working knowledge of the fundamentals in the handling of his disease—diet, insulin, and exercise. He can learn how to avoid difficulties resulting from his diabetes. He can learn also what to do or have done in any emergency. Above all, he keeps in contact with a physician intimately concerned with his welfare."

The intelligent and well-trained diabetic who sticks to the rules compares favorably with the non-diabetic in his ability to carry on vigorous physical or mental activity. The young diabetic especially who controls his disease, which in other times was disabling and rapidly fatal, is an example and inspiration to his fellow men."

Since diabetes is to such a large degree a preventable or at least a controllable disease, it is of great importance that all individuals who may show symptoms of diabetes be brought under treatment without delay. Routine physical examinations should be made carefully in order to determine any beginning symptoms of the disease. Health officers of California are asked to assist in the development of this educational program, which, it is believed, may be of great value in extending the lives of many Californians.

Approximately 70 per cent of all motor vehicles registered in the entire world are in the United States. In fact, there is in this country one automobile for every 4.3 persons but there is only one for every 150 persons in other parts of the world.

He who has health, has hope; and he who has hope, has everything.—Arabian proverb.

EXAMINATION FOR CERTIFICATE AS TRAINED ATTENDANT

An examination for certificate as trained attendant will be held by the State Department of Public Health at 10.30 a.m. on Wednesday, October 29, 1941, at the County Hospital, Riverside, and in Room 8, Alameda County Court House, 1225 Fallon Street, Oakland, California.

In order to be eligible for admission to the examination, an applicant must present a certificate granted by a hospital conducting an approved course for trained attendants, or a letter from the director of such a course stating that the applicant has satisfactorily completed the required number of hours in the course.

Application forms for applying for admission to the examination may be obtained from the State Department of Public Health, Room 749, Phelan Building, San Francisco.

Applications for admission to the examination should be in the San Francisco office of the State Department of Public Health not later than October 22, 1941.

The examination fee of \$5 must be sent in by certified check or by postoffice money order with the application for admission to the examination. Personal checks will not be accepted. If the applicant is not admitted to the examination the fee will be returned.

CLAM QUARANTINE ORDER TERMINATED

The quarantine of all *clams* from the ocean shore of Santa Cruz County and Monterey County, including Monterey Bay, established August 28, 1941, is ordered terminated October 1, 1941.

This action is based upon laboratory examinations.

(Signed) BERTRAM P. BROWN, M.D.,
Director of Public Health
and Executive Secretary, State
Board of Public Health

September 24, 1941.

The most dangerous method of travel in the United States is by motor vehicle. Of the 270,000,000,000 miles traveled in 1939, 12.1 persons died every 100,000,000 miles. However, in 1929 17.3 persons died for every 100,000,000 miles traveled. Passenger cars in 1939 alone resulted in the deaths of 29,500 persons and 1,020,000 nonfatal injuries; trucks took the lives of 6,900 persons and injured 150,000 others; buses killed 400 and injured 15,000 persons; motorcycles killed 700 and injured 15,000. The decrease in accidents involving buses is remarkable; there was a drop of 50 per cent between 1927 and 1939.

DR. KELLOGG RETIRES

Wilfred H. Kellogg, M.D., Chief of the Division of Laboratories of the California State Department of Public Health, having reached the age of retirement, has relinquished his duties with the department.

Dr. Kellogg, in 1917, became Director of the Bureau of Communicable Diseases of the California State Board of Health. From 1918 to 1920 he was Secretary and Executive Officer of the California State Board of Health, following which services he returned to the directorship of the Bureau of Communicable Diseases, which under the reorganization of the State Government in 1929 became the Division of Laboratories of which he has been Chief until his retirement September 3, 1941.

Prior to his services with the State, from 1912 to 1917, Dr. Kellogg was Director of Laboratories of the San Francisco Health Department. Dr. Kellogg was born in Kansas but came to California at an early age, graduated in pharmacy from the University of California in 1892 and received his medical degree from the University of California Medical School in 1896. He practiced medicine in Palo Alto and in San Francisco. While engaged in the practice of medicine he became greatly interested in the microscope and just before the turn of the century he entered the laboratory of the San Francisco Health Department. He had acquired a remarkable proficiency in bacteriology and when plague first appeared in San Francisco in 1900 it was he who made the bacteriological diagnosis, the first to have been made in the United States. When the disease again appeared in San Francisco in 1908 he confirmed the diagnosis in the laboratory. From 1909 to 1911 Dr. Kellogg was in the United States Public Health Service, stationed in Venezuela. He was clinical instructor in Hygiene and Public Health, Stanford University Medical School, 1914 to 1918, and Assistant Professor of Preventive Medicine, University of California, 1914 to 1918, Associate Professor, 1928.

Dr. Kellogg accomplished much in the establishment of standards for laboratory technicians, their examination and certification.

The California State Board of Public Health at its meeting held in Sacramento on September 13, 1941, passed the following resolutions:

WHEREAS, Dr. Wilfred H. Kellogg, Chief of the Division of Laboratories of the California State Department of Public Health, has reached the age of retirement from State service, as required by law; and

WHEREAS, Dr. Kellogg has contributed immeasurably to California's advance in the development of its public health; and

WHEREAS, His pioneer work in the laboratory diagnosis of plague in 1900, the first made in the United States, and his continued contributions to the bacteriological demonstration of plague since that time have made him an outstanding authority in the control of this menacing disease; and now, therefore, be it

Resolved, That the California State Board of Public Health hereby extends to Dr. Kellogg its deep appreciation of the services that he has rendered to this board and to the State and expresses its regret that his retirement is inexorable; and now, therefore, be it further

Resolved, That this resolution be spread upon the minutes of the board and that a copy be sent to Dr. Kellogg.

GENERAL SANITATION

In the course of routine work, inspectors of the Bureau of Sanitary Inspections visited 13 counties of the State. Conditions on garbage dumps were investigated in 37 communities.

In company with local officials investigations were made into sanitary conditions on ocean beaches in Santa Barbara and Ventura counties.

Assistance was given in the inspection of domestic sewage disposal plants in seven communities of the State.

Assistance was given the health officer of one county in the investigation of complaints regarding a dust nuisance created by a redwood bark shredding plant.

HIGHWAY EATING PLACES INSPECTED

Sanitation of highway eating places and service stations was investigated along the following highways: U. S. Highway 99 from south boundary of Shasta County to Anderson; U. S. Highway 99 from Los Angeles-Kern County line to Kern-Tulare County line, exclusive of Bakersfield, Delano, through town of McFarland; Highway 37 from Napa County line to No. 101. Following is a summary of conditions encountered in highway eating places and service stations:

Total number of eating places inspected	72
Total number with conditions satisfactory	30
Total number with minor defects	20
Total number with insanitary conditions	22
Total number of service stations inspected	72
Total number with conditions satisfactory	43
Total number with minor defects	23
Total number with insanitary conditions	6

"Have I done anything for society? I have then done more for myself. Let that question and truth be always present to thy mind, and work without cessation."—Simms.

MORBIDITY**Complete Reports for Following Diseases for Week Ending September 20, 1941****Chickenpox**

96 cases from the following counties: Alameda 12, Butte 1, Fresno 1, Kern 2, Lassen 1, Los Angeles 43, Merced 3, Monterey 1, Orange 7, Sacramento 1, San Diego 1, San Francisco 5, San Joaquin 4, Shasta 6, Ventura 3, Yolo 3, Yuba 2.

German Measles

38 cases from the following counties: Alameda 1, Los Angeles 10, Marin 1, Mendocino 1, Monterey 1, Orange 2, Riverside 1, San Diego 6, San Francisco 4, San Luis Obispo 2, Santa Barbara 6, Santa Cruz 1, Sierra 1, Yuba 1.

Measles

53 cases from the following counties: Alameda 6, Contra Costa 1, Kern 3, Kings 1, Los Angeles 14, Monterey 3, Napa 1, Orange 1, Riverside 1, Sacramento 2, San Diego 5, San Francisco 3, San Luis Obispo 6, Santa Barbara 1, Sonoma 2, Sutter 1, Ventura 2.

Mumps

299 cases from the following counties: Alameda 26, Butte 4, Fresno 2, Kern 6, Kings 5, Lassen 14, Los Angeles 77, Madera 3, Monterey 10, Orange 11, Riverside 2, Sacramento 9, San Bernardino 5, San Diego 50, San Francisco 12, San Joaquin 13, San Luis Obispo 3, San Mateo 3, Santa Barbara 8, Santa Clara 13, Santa Cruz 1, Sonoma 1, Sutter 1, Ventura 10, Yolo 9, Yuba 1.

Scarlet Fever

44 cases from the following counties: Alameda 1, Kings 1, Los Angeles 20, Orange 2, Riverside 2, Sacramento 3, San Diego 4, San Francisco 6, San Joaquin 2, Santa Clara 2, Stanislaus 1.

Whooping Cough

242 cases from the following counties: Alameda 18, Butte 1, Contra Costa 1, Fresno 7, Kern 9, Kings 8, Los Angeles 86, Madera 1, Monterey 19, Orange 7, Riverside 2, San Diego 26, San Francisco 16, San Joaquin 7, San Luis Obispo 1, Santa Barbara 14, Santa Clara 2, Santa Cruz 1, Sonoma 1, Sutter 5, Tulare 3, Ventura 7.

Coccidioidal Granuloma

One case from Kern County.

Diphtheria

14 cases from the following counties: Fresno 1, Imperial 2, Los Angeles 5, Monterey 1, Orange 1, Riverside 1, San Bernardino 1, San Joaquin 2.

Dysentery (Bacillary)

21 cases: Fresno 1, Lassen 1, Los Angeles 10, San Joaquin 8, Santa Clara 1.

Encephalitis (Epidemic)

9 cases: Butte County (Chico) 1; Fresno County 2 (Fresno rural 1, Selma rural 1); Kings County (Lemoore) 1; San Bernardino County (Loma Linda) 1; Tulare County 2 (Visalia rural 1, Dinuba 1); Yuba County 2 (Marysville rural 1, Marysville 1).

Food Poisoning

3 cases from San Francisco.

Jaundice (Epidemic)

3 cases from Los Angeles County.

Malaria

7 cases reported from the following counties: Los Angeles 1, San Joaquin 2, Sutter 1, California 3.*

Meningitis (Epidemic)

One case from Alameda County.

Paratyphoid Fever

One case from Los Angeles County.

Poliomyelitis

10 cases: Los Angeles County 7 (Los Angeles rural 1, San Gabriel Precinct 1, East Los Angeles Precinct 1, Alhambra 1, Long Beach 1, Los Angeles 1, South Gate 1); Monterey County (Salinas) 1; Orange County (Santa Ana) 1; San Bernardino County (San Bernardino) 1.

Rabies (Animal)

2 cases from Los Angeles County.

Tetanus

2 cases from the following counties: Fresno 1, Sonoma 1.

* Cases charged to "California" represent patients ill before entering the State or those who contracted their illness traveling about the State throughout the incubation period of the disease. These cases are not chargeable to any one locality.

Trichinosis

One case from Los Angeles County.

Tularemia

One case: California.*

Typhoid Fever

13 cases from the following counties: Alameda 1, Kings 2, Los Angeles 4, San Bernardino 1, San Diego 1, San Francisco 1, Tulare 1, California 2.*

Undulant Fever

3 cases from the following counties: Colusa 1, Riverside 1, San Joaquin 1.

MUSSEL QUARANTINE ORDER EXTENDED

The quarantine of all *mussels* from the ocean shore of California extending from the southern boundary of Los Angeles County north to the California-Oregon boundary with the exception of the Bay of San Francisco, established May 25, 1941, is hereby *extended* and shall remain effective until further notice.

"The first thing to do completely, in my opinion, is to wipe out congenital syphilis. That is one job that doesn't need to take a generation. There is less guesswork in it than in almost anything else known to medicine. We know absolutely that with good treatment started before the fifth month of pregnancy there is only one chance in eleven that the syphilitic mother will not bear a healthy child. We know that five times out of six the untreated mother will bear a dead or diseased child. We know that a month of treatment before birth is more effective than a year of treatment after the diseased child is born. * * * We must save those children whose only fault was that they were not quite careful enough in the choice of their parents. Whatever other shortcomings in treatment facilities may become apparent with full knowledge of any community, this step must come first * * *. —Thomas Parran, Surgeon General, United States Public Health Service.

University of California
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3rd & Parnassus Aves.,
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